Calculating Target Heart Rate Zone

Male	220 – age = maximum heart rate
Female	226 – age = maximum heart rate

Calculating Target Heart Rate for Exercise

Maximum heart rate X exercise level = Target Heart Rate Zone

Exercise Level

Beginner: 50%–60% of maximum heart rate

Intermediate: 61%–70% of maximum heart rate

Advanced: 71%–80% of maximum heart rate

Calculating Target Heart Rate Zone Example

Calculate the Target Heart Rate for 26-year-old Judy.

226 – 26 = 200 (maximum heart rate)

Beginner Target Heart Rate:

200 X .50 (50%) = 100

200 X .60 (60%) = 120

Answer: Judy's heart rate should be between 100 and 120 beats per minute during exercise.

Source: American College of Sports Medicine. (2006). *ACSM's guidelines for exercise testing and prescriptions* (7th ed.). Indianapolis, IN: Author.

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